# Counseling Services Support Groups Spring 2018!

Groups open to all registered UTSA Students

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>MONDAYS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:30 am</td>
<td>Understanding Self and Others (U.S.O.– Mondays)</td>
<td>Group Room</td>
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<tr>
<td>3:00-4:30 pm</td>
<td>Out or Questioning</td>
<td>Group Room</td>
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<tr>
<td>3:00-4:00 pm</td>
<td>Feel Better Fast</td>
<td>Classroom</td>
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<tr>
<td><strong>TUESDAYS</strong></td>
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<tr>
<td>3:00-4:00 pm</td>
<td>Guided Meditations (Student Union: Hawthorne Room U.C. 2.01.34)</td>
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<tr>
<td>(Starting 2-6-18)</td>
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<tr>
<td><strong>WEDNESDAYS</strong></td>
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<tr>
<td>3:00-5:00 pm</td>
<td>Art Therapy</td>
<td>Classroom</td>
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<tr>
<td>3:00-4:00 pm</td>
<td>Stress Less</td>
<td>Group Room</td>
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<tr>
<td>5:00-6:30 pm</td>
<td>Understanding Self and Others (U.S.O.– Tuesdays)</td>
<td>Group Room</td>
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<tr>
<td><strong>THURSDAYS</strong></td>
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<tr>
<td>10:00-11:30 am</td>
<td>A.S.P.I.R.E. Adult Group</td>
<td>Group Room</td>
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<tr>
<td>2:30-4:30 pm</td>
<td>Managing the Distress Within</td>
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<tr>
<td>(Starting 2-22-18)</td>
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<tr>
<td>2:00 pm</td>
<td>SMART Recovery (CCR RWC 1.808)</td>
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For more information please call Counseling Services at (210) 458– 4140 or go to our website: www.utsa.edu/counsel
### Understanding Self and Others
**Facilitator:** Steven Zuniga, PhD  
**Location:** Group Room  
**Requires:** Screening

A process group that helps students feel grounded and more in control of their emotions, relationships, and life circumstances.

### Out or Questioning
**Facilitator:** Hazel Lane, PsyD  
**Location:** Group Room  
**Requires:** Full Intake & Screening

A process group focusing on topics related to gender and sexuality.

### Feel Better Fast
**Facilitator:** Susana Martinez, PsyD  
**Location:** Classroom  
**Requires:** Group Consultation Forms

A psycho-education group that addresses topics such as stress management, communication, self-esteem, and mood management. Weekly guided meditation is a great way to reduce tension, anxiety, and stress. Come join us for a community that will foster healthier relationships and the circumstances.

### Guided Meditation
**Facilitator:** Cristina Villegas-Hernandez, LCSW

Meditation is a great way to reduce tension, anxiety, and stress. Come join us for a weekly guided meditation.

### Art Therapy
**Facilitator:** Richard Martinez, PhD  
**Location:** Classroom  
**Requires:** Group Consultation Forms

Provides a supportive environment to engage in self-expression and dialogue through art therapy.

### Stress Less
**Facilitator:** Michael Martinez, MA  
**Location:** Group Room  
**Requires:** Group Consultation Forms

Incorporates the mind-body connection including body scan, progressive muscle relaxation, and biofeedback assisted relaxation to strengthen muscle memory and build a pathway to a stress response.

### Understanding Self and Others
**Facilitator:** Andrew Bingman, PsyD  
**Location:** Group Room  
**Requires:** Screening

A process group that helps students feel grounded and more in control of their emotions, relationships, and life circumstances.

### A.S.P.I.R.E.
**Facilitator:** Richard Blask, PhD  
**Location:** Group Room  
**Requires:** Group Consultation Form & Brief Screening

A processing group for adult students (roughly mid-twenties and older). Common issues discussed include self-esteem, interpersonal challenges, family and other relationships, and sexuality.

### Managing the Distress Within
**Facilitator:** Elizabeth Cosgrove, LPC & Cristina Villegas-Hernandez, LCSW

This group will focus on 4 skill modules that are designed to specifically assist individuals in better managing behavioral, emotional, and cognitive stability. The intent is to help students who may have difficulty with anger, or expression of anger, episodic depression, and other challenges.

### SMART Recovery
**Facilitator:** Kristen McElroy, LPCI, LCDC  
**Location:** CCR Meeting Room RWC 1.808

SMART (Self-Mangement and Recovery Training) Students will learn techniques to manage substance use issues by helping them build and maintain recovery.